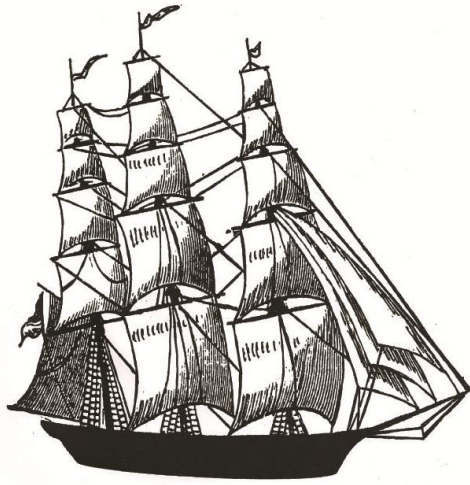


CLIPPER



SWIM TEAM

WINTER 2013-2014

Dedham Recreation Department

Office- 781-751-9250 *** Pool- 781-461-5991

www.dedham-ma.gov/recreation

Facebook Page: Dedham Clippers Swim Team



CLIPPERS 2013-2014 WINTER SEASON

WELCOME BACK!

The Clippers **35th** winter season will start on Monday, November 4th with try-outs and practice for all 10 & under swimmers from 6:00 to 7:30pm and Tuesday, November 5th for all 11 & over swimmers from 6:00 to 7:30pm.

All new 8 & under swimmers **must be** able to swim two different strokes one length of the pool within 35 seconds each stroke. All new 9 & 10 swimmers must be able to swim two different strokes one length of the pool within 25 seconds each stroke.

Practice times are the following:

8 & under swimmers are Monday and Wednesdays from 5:45 – 6:45pm and Sundays from 4:00 to 5:00pm

9 & 10 swimmers are Monday and Wednesdays from 6:45 – 7:45pm and Sundays from 4:00 to 5:00pm

11 & 12 swimmers are Tuesday and Thursdays from 5:45pm to 6:45 pm and Sundays 5:00 to 6:00pm.

13 & up swimmers are Tuesday and Thursdays from 6:45pm to 7:45 pm and Sundays 5:00 to 6:00pm

It is not mandatory that you make all three practices each week, but the only way you can improved is to attend as many practices as possible. At home meets, we can swim as many heats as we want and all of our swimmers will swim in at least two events. At the away meets, it depends on the home team and many teams have limited pool time and heats may have to be cut.

The age of each swimmer is based on their age as of November 1, 2013. If a swimmer has a birthday after November 1st, they remain in the same age group for the entire season.

Registration fee for the 2013-2014 winter season is as follows:

\$200.00 per swimmer with a pool membership

\$220.00 per resident swimmer without a membership

\$240.00 per non-resident swimmer without a membership

\$270.00 family limit with a membership

Bathing Suits and Apparel

Varsity swim shop will be at practice on Monday & Tuesday, November 11th & 12th to size for team bathing suits. Team suits are not mandatory but it presents each swimmer with a team appearance and unity. Girl's suits run between \$50.00 and \$55.00 dollars and jammers run between \$36.00 and \$38.00. You will be purchasing the suits through Varsity Swim (not Recreation). The Recreation Department will distribute the suits when the orders have been filled.

Each swimmer will be given a complimentary Clipper swim Cap and a Clipper T-Shirt.

Meet Attendance

With the new computer scoring system, lineups for the meet **must be** sent to the home team three days in advance of the meet. If you are not going to the meet, please go to the Clipper Web Site (www.dedham-ma.gov/clippers) and under meet attendance you can submit the name of the swimmer who will not be at meet. You can do this at any time of the year for all meets. Notifying the coach of the age group is also encouraged. We have 11 league meets scheduled – 9 of which count in the standings along with A & B Regional's. Swimmers must swim in at least five (5) meets to go to A or B Regional's.

Traveling to away meets

Clippers travel to all away meets by team bus. Due to the dramatic increases in bus fees, we will be only taking one bus per meet. If you are able to drive your swimmers to the meet, it is greatly appreciated. You are welcome to follow the bus at any time. If you plan on going to the meet but are not taking the bus, you should also go to the Meet Attendance page on the Clipper web site to let us know that.

A and B Regionals

Regionals (swim championship meets) take place at the end of the season. Swimmers who make at least one qualifying time for A Regionals will attend that meet. Swimmers who do not make the A cut for any event will go to B Regionals. Cut off times are attached.

Clipper Web Site

The Clipper web site is an invaluable tool to use to receive and send information to and from the team. Web site includes:

- 1.) Practice and Meet Schedules
- 2.) Important announcements
- 3.) Sign up for email notifications. This is the best way to hear about last minute practice or meet cancelations.
- 4.) Meet Attendance – an easy to fill out form to let us know a swimmer is not coming to meet or not taking bus.
- 5.) Online Stats – Updated stats/times/results on every swimmers race's going back almost five years.
- 6.) Regional Cut off times.
- 7.) Pictures
- 8.) Contact info for Coaches

******* Most team announcements will be made by email. Sign up for email list at www.dedham-ma.gov/clippers *******

“Meet Mobile”

You are now able to get “Live” scores / placements during the home meets on your iPhone and Android phones. Download the “Meet Mobile” app.

Parent / Guardian Volunteers

As a parent/ guardian with the Clippers Winter Swim Team, **YOU ARE REQUIRED** to volunteer at one meet during the season. Jobs include: Timers, Writers, Back up Timers, Runners, Bullpen, Lane Placers, Snack Bar, or Locker Room Monitors. You can also donate food items to the snack bar.

*****If you volunteer at 3 or more meets, you will receive \$50 off of your registration for the following year*****

Ways to sign up:

- 1) www.signupgenius.com – You will need the creator's email – bljmoran@aol.com. This will go LIVE starting Monday, November 11th. This is in place of the signup sheets at the pool.
- 2) Contact our Volunteer Coordinator / Team Manager Lisa Moran by email or phone at: bljmoran@aol.com or (781) 710-1396.

You will see below that there are plenty of opportunities to help – at a minimum, there are **30** jobs listed here per home meet – and that does not include stroke & turn judge, or scoring. There are plenty of spots to fill & we appreciate all of our volunteers!!

Home Meets

Timers: 6 people needed

Report on pool deck ½ hour before meet starts to be issued a stop watch. You will be assigned lanes at this time. Responsibility is to time swimmers in each event. Tell your time to Writer. Timers need to be present until finish of the meet.

Writers: 6 people needed

Report on pool deck ½ hour before meet starts to be issued a pencil and clipboard. You will be assigned lanes at this time. Responsibility is to write the scores given to you from the two timers in that lane. Once sheets are complete, you hand sheets to runner.

Back up Timers: 1-2 people needed

Additional timers needed to time all events in case a lane timer misses a start or stop.

Runner: 1 person needed

Runner will pick up time cards from timers in each lane and hand them to the scoring table after each event.

Bull Pen: 3-4 people needed

Responsible for placing swimmers in correct order, based on heat and lane number.

Lane Placers: 3 people needed

Responsible for making sure the swimmers are in the correct heat and lane number. These are the people who stand at the diving board end of the pool that help the younger swimmers make sure they are diving / jumping in at the correct time.

Snack Bar: 3-4 people needed

Sell food in snack area.

Locker Room Monitors: 2 people needed (One Female & One Male)

Periodically monitor the locker rooms to ensure that children are not running around.

Away Meets (See above for description of duties)

Timers: 6 people needed **Back up Timers:** 1-2 people needed **Bull Pen:** 1-2 people needed

Code of Conduct and Bullying Policy

The Dedham Recreation Department has a zero tolerance Bullying policy that it strictly enforced. Each parent and swimmer must sign the enclosed code of conduct form. The forms will be sent to the league.

Swim-a-thon

This year's swim-a-thon will be on Saturday Jan 25th. The money that we receive from the swim-a-thon and the refreshment stand is the only income that pays for the team banquet at the end of the year. Last year's banquet cost more than \$8,000.00. You will receive information separately about the swim-a-thon regarding prizes and sponsor sheets.

Clipper "X-mas" Party

This is always a highlight for the swimmers. It's party fun time in the pool. There is a gift exchange within age groups. This is **NOT** mandatory and we limit the gifts to \$10. The Party will take place on 12/22. You will receive more information separately on this as well.

FACEBOOK - Stay Up to Date

We encourage & recommend that if you are on Facebook, please go "Like" our page to stay as up to date as you can. Our page name is: **Dedham Clippers Swim Team**.

Although we will be swimming with some of the best swimmers in eastern Massachusetts, remember this is a recreation swim league and we swim to have fun!!

If you have any questions, please call the Recreation Department at (781) 751-9250.

We are looking forward to another great season!!!!!!

GO CLIPPERS!!



CLIPPERS WINTER SCHEDULE 2013-2014

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Warm-ups</u>	<u>Meet</u>	<u>Bus</u>
December 7, 2013	Saturday	Westboro	3:30pm	4:00pm	
December 14, 2013	Saturday	Newton	3:30pm	4:00pm	
December 15, 2013	Sunday	@Sudbury	2:30pm	3:00pm	1:30 pm
December 22, 2013	Sunday	Xmas Party	4:00pm (10& Under) & 5:00pm (11& Over)		
January 5, 2014	Sunday	@Natick	3:30pm	4:00pm	2:45pm
January 12, 2014	Sunday	@Milford	8:30am	9:00am	7:30am
January 18, 2014	Saturday	@Framingham	9:30am	10:00am	8:30am
January 19, 2014	Sunday	Westwood	3:30pm	4:00pm	
January 25, 2014	Saturday	Clippers Swim-A-Thon 4-6			
January 26, 2014	Sunday	@Norwood	2:30pm	3:00pm	2:00pm
February 8, 2014	Saturday	Acton	3:30pm	4:00pm	
February 9, 2014	Sunday	Brookline	3:30pm	4:00pm	
February 16, 2014	Sunday	@Wellesley	4:00 pm	4:30 pm	3:15pm

REGIONAL SWIM CHAMPIONSHIPS

"B" Regional Saturday, March 8, 2014
 "A" Regional Sunday, March 9, 2014

Swimmers who do not make the A cut for any event will go to "B" Regional's.
 Swimmers must swim in at least five (5) meets to go to A or B Regional's.

Clipper Coaching Staff

8 & Under

Julie Scolastico
Mariah Coughlin

9&10

Karen O'Connell
Sean Farrell

11&12

Ashley Beaudoin
Sean Cote

13&14 – 15 & 18

Jimmy Stallings

Team Management

Juju Mucciaccio
Bob Stanley

*** Each & Every coach is a former Clipper Swimmer going back to the 70's!!!***

“A” CUT OFF TIMES 2013

WINTER SUBURBAN LEAGUE

1. Graduated Medley Relay 100yd Girls		31. 8 & under 25yd Breastroke Girls	24.85
2. Graduated Medley Relay 100yd Boys		32. 8 & under 25yd Breastroke Boys	27.12
3. 8 & under 25yd Fly Girls	21.64	33. 9 & 10 25yd Breastroke Girls	20.94
4. 8 & under 25yd Fly Boys	24.28	34. 9 & 10 25yd Breastroke Boys	21.71
5. 9 & 10 25yd Fly Girls	16.96	35. 11 & 12 50yd Breastroke Girls	41.30
6. 9 & 10 25yd Fly Boys	18.76	36. 11 & 12 50yd Breastroke Boys	43.77
7. 11 & 12 50yd Fly Girls	35.10	37. 13 & 14 50yd Breastroke Girls	39.57
8. 11 & 12 50yd Fly Boys	36.27	38. 13 & 14 50yd Breastroke Boys	38.67
9. 13 & 14 50yd Fly Girls	33.81	39. 15-18 50yd Breastroke Girls	
10. 13 & 14 50yd Fly Boys	32.18	40. 15-18 50yd Breastroke Boys	
11. 15-18 50yd Fly Girls		41. 8 & under 25yd Backstroke Girls	21.97
12. 15-18 50yd Fly Boys		42. 8 & under 25yd Backstroke Boys	22.85
13. 8 & under 25yd Free Girls	17.94	43. 9 & 10 25yd Backstroke Girls	18.94
14. 8 & under 25yd Free Boys	17.84	44. 9 & 10 25yd Backstroke Boys	19.97
15. 9 & 10 25yd Free Girls	15.25	45. 11 & 12 50yd Backstroke Girls	38.89
16. 9 & 10 25yd Free Boys	15.87	46. 11 & 12 50yd Backstroke Boys	38.92
17. 11 & 12 50yd Free Girls	30.50	47. 13 & 14 50yd Backstroke Girls	35.40
18. 11 & 12 50yd Free Boys	31.75	48. 13 & 14 50yd Backstroke Boys	35.47
19. 13 & 14 50yd Free Girls	29.57	49. 15-18 50yd Backstroke Girls	
20. 13 & 14 50yd Free Boys	28.08	50. 15-18 50yd Backstroke Boys	
21. 15-18 100yd Free Girls		51. 8 & under 100yd Free Relay Girls	
22. 15-18 100yd Free Boys		52. 8 & under 100yd Free Relay Boys	
23. 9 & 10 100yd IM Girls	1:30.73	53. 9 & 10 100yd Free Relay Girls	
24. 9 & 10 100yd IM Boys	1:33.71	54. 9 & 10 100yd Free Relay Boys	
25. 11 & 12 100yd IM Girls	1:19.49	55. 11 & 12 200yd Free Relay Girls	
26. 11 & 12 100yd IM Boys	1:20.50	56. 11 & 12 200yd Free Relay Boys	
27. 13 & 14 100yd IM Girls	1:15.53	57. 13 & 14 200yd Free Relay Girls	
28. 13 & 14 100yd IM Boys	1:14.59	58. 13 & 14 200yd Free Relay Boys	
29. 15-18 100yd IM Girls		59. 15-18 200yd Free Relay Girls	
30. 15-18 100yd IM Boys		60. 15-18 200yd Free Relay Boys	

WINTER SUBURBAN LEAGUE PARENTS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating parent.

PARENTS SHOULD:

Not force their child to participate in swimming.

Remember that children participate to have fun and that **THE SPORT IS FOR YOUTHS, NOT ADULTS!**

Inform the coach of any physical disability or ailment that may affect the safety of their child or the safety of others.

Learn the rules of the League.

Be positive role model for their children and other children.

Encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all swimmers.

Not engage in any kind of unsportsmanlike conduct with any official, coach, swimmer or parent such as booing, taunting, and profane language or gestures.

Teach their child to play by the rules and to resolve conflicts without resorting to violence.

Praise their child that doing one's best is more important than winning.

Demand that their child treat other swimmers, coaches, and officials with respect, regardless of race, creed, color, sex or ability.

Praise their child for competing fairly and trying hard.

Refrain from coaching their child or other player during a swim meet and practices, unless one of the official coaches of the team has asked you to help with coaching.

Show respect for public and private property at swim meet locations.

To ensure all swimmers / parents / guardians have read and understood the code of conduct, every parent / guardian will sign the commitment to the Winter Suburban League.

Print Parents Name: _____

Date: _____

Parents Signature: _____

WINTER SUBURBAN LEAGUE SWIMMERS CODE OF CONDUCT

The following code of conducts is a representation of the Winter Suburban League and will be upheld by each participating swimmer.

SWIMMERS SHOULD:

Know, understand, and honor the commitments that they and their parents have made to coaches, teams, and league.

Respect and cooperate with their coaches, officials, teammates, opponents, and parents

Be honest with all involved

Know all the rules of the sport of swimming

Respect equipment and playing sites at home or away.

The destruction or stealing of home or away sites is unethical

No showing off, trash talking, or taunting anyone

Always try to do their best

Expect to be treated fairly and with respect from all involved.

Expect coaches, parents, and swim officials to provide an environment where the swimmers can learn their sport, be safe, and have fun.

To ensure all swimmers have read and understood the code of conduct every swimmer will sign the commitment to the Winter Suburban League.

Print Swimmers Name: _____

Date: _____

Swimmers Signature: _____

1977-2013 CLIPPER RECORDS

BOYS GRAD RELAY

PAUL HESSION

GEORGE MIX

DON MEGLIOLA

RON MAMMONE

57.41 (88)

GIRLS GRAD RELAY

MARCIA CARDINALE

HEATHER MCNULTY

JEAN ZMJEWSKI

CHRISTINE MEGLIOLA

1:00.51 (85)

8& UNDER COED RELAY

LAURA BRADBURY

EMIL Y SUTLIFF

RYAN BROOKS

ROMEK RASENAS

1:09.51 (95)

EVENT	<u>8&UNDER GIRLS</u>	<u>8& UNDER BOYS</u>	<u>9&10 GIRLS</u>	<u>9&10 BOYS</u>
50 YARD FREE	KAITLIN MITCHELL	RYAN BROOKS	MARIANA VEGA	RYAN BROOKS
	15.00 (05)	13.74 (99)	13.29 (09)	12.54 (01)
50 YARD FLY	ABIGAIL LAKE	MIKE HARRINGTON	SYDNEY LEE	TYLER KNIGHTLY
	16.05 (06)	16.93 (94)	14.47 (10)	13.76 (13)
50 YARD BREAST	JILL ANELASKAS	RYAN BROOKS	MARIANA VEGA	RYAN BROOKS
	20.82 (96)	18.33 (99)	17.27 (09)	16.93 (00)
50 YARD BACK	NICOLE ALBRECHT	MIKE HARRINGTON	KENDALL DACEY	DON MEGLIOLA
	17.60 (89)	17.40 (94)	15.96 (98)	16.38 (86)
100 YARD 1M			EMMA NUZZO	RYAN BROOKS
			1:12.72 (05)	1:10.16 (96)
100 YARD FREE	SARAH BEAUDOIN	MIKE HARRINGTON	ASHLEIGH MARINI	NATE EMMONS
RELAY	KATELYN MITCHELL	DAN LAMBRECHT	ISABEL GALLUCCI	MIKE HARRINGTON
	YUE CUI	NATE EMMONS	MAIA ADLEY	TIM LIND
	ELIZABETH MASALSKY	TIM LIND	SYDNEY LEE	DAN LAMBRECHT
	1:06.77 (05)	1:07.22 (94)	56.60 (10)	56.58 (96)

EVENT	<u>11 & 12 GIRLS</u>	<u>11 & 12 BOYS</u>	<u>13 & 14 GIRLS</u>	<u>13 & 14 BOYS</u>	<u>15-18 GIRLS</u>	<u>15-18 BOYS</u>
50 YARD FREE	ARIELLE POPCOCK 27.03 (03)	RYAN BROOKS 26.54 (03)	LISA MCNAMMARA 26.26 (91)	VIC LEON 23.85 (94)	KATHLEEN BLACK 25.74 (04)	RYAN BROOKS 22.61 (07)
100 YARD FREE					EMILY DEPRES 56.65 (12)	RYAN BROOKS 49.36 (06)
50 YARD FLY	KENJDALL DACEY 29.00 (00)	J ELGERNON 29.91 (94)	KENDALL DACEY 26.81 (02)	TOM HURLEY 27.52 (05)	KENDALL DACEY 27.34 (03)	G WONG 24.85 (00)
50 YARD BREAST	EMMA NUZZO 33.38 (06)	RYAN BROOKS 32.27 (03)	ASIA VO 32.77 (13)	RYAN BROOKS 30.16 (05)	EMILY METTA 32.29 (08)	RYAN BROOKS 28.02 (07)
50 YARD BACK	KENDALL DACEY 31.39 (00)	NICK MCCARTHY 30.31 (12)	KENDALL DACEY 28.15 (02)	MIKE MCCORMICK 28.46 (06)	MARCIA CARDINALE 28.70 (85)	JUSTIN BROOKS 25.59 (06)
100 YARD I.M.	EMMA NUZZO 1 :04.60 (06)	RYAN BROOKS 1:03.90 (03)	KENDALL DACEY 1:04.21 (01)	RYAN BROOKS 58.79 (05)	EMILY DEPRES 1:03.47 (13)	JUSTIN BROOKS 57.98 (05)
200 YARD FREE RELAY	A SALEEMUDDIN CAITLIN HEALEY KAITLIN SPILLANE MVICIDOMINO 1:52.79 (95)	RYAN BROOKS TOM HURLEY ERIC TALBOT SEAN FARRELL 1:54.75 (03)	NATALIE METTA EMILY METRA NICOLE STRAC JASMIN BYRD 1:47.50 (07)	RYAN BROOKS D O'CONNELL E. O'CONNELL TOM HURLEY 1:40.04 (05)	LAUREN COOK KATIE DERVAN ANDREA FARWELL ERIN BURKE 1 :45.65 (00)	MIKE RICCI MICHAEL MCCORMII BRIAN KEELER MATT FARREL 1:32.87